



Quantum Healing

Index

Nutrition	3
Breathing And Exercise	6
Structural Alignment	10
Mental And Emotional Balance	13
Hormone Balance	16
Nervous System Rehabilitation	19
Common Complaints	21
Exercises And Procedures	36
Books And Websites	37
Applied Kinesiology	39

Nutrition

Food is your best medicine. “Fake foods,” i.e. highly processed and fortified foods, are lacking in nutrients vital to optimal health and lead to nutritional deficiencies. The importance of organic versus conventional farming techniques is obvious. By avoiding foods that contain pesticides, insecticides, fungicides and other petrochemical derivatives, you’re avoiding substances that prevent good health. It makes no sense to add a chemical burden to your body which detracts from optimal health. One also needs to be aware of the possible hormone and antibiotic residues that may be present in meats, poultry and farm-raised fish. These hormones and antibiotics are used to enhance the agri-business of food production, and when you consume these products you consume the unhealthy residues.

A New Way of Eating

A couple of good rules to keep in mind are those found in the Food Combining Diet, which I have excerpted from the writings of Dr. George Goodheart, the Father of Applied Kinesiology. Good food combinations allow the body to optimally break down and digest the foods you eat so you can assimilate and use the nutrients. Generally speaking, high protein foods and fats should not be mixed with carbohydrates, especially refined carbohydrates such as white flour and sugar. These foods can be eaten separately, but mixing them leads to symptoms of indigestion and gastrointestinal distress: acid reflux, heartburn, bloating, abdominal pain, flatulence, constipation and diarrhea.

An example of a poor food combo would be a meat and potatoes dinner, or a pancake and sausage breakfast. An example of a good protein combo breakfast would be eggs, fruit or fruit juice (preferably citrus) and seeds or nuts, avoiding things like toast with jam. An example of a carbo breakfast would be oatmeal or cereal combined with toast and perhaps a glass of non-citrus juice. An example of a good combo dinner would be a piece of fish, meat or poultry, combined with veggies and a salad. You could also have a cheese sauce for some fat. Fat in the meal slows down the digestion process, giving you a feeling of satiation that lasts longer, and maintains a more even blood sugar level. This avoids the after-dinner munchies that lead us to eating too many carbo snacks.

There are many popular, “trendy” diets out there, so as with any lifestyle change, you will need to try these things out and see what works for you. Keep in mind that any proposed diet will work well for about 30% of the people who try it. The Food Combination Diet is a tried and true way of eating that make sense physiologically and that I have used with success personally and professionally.

Bad Fats

The second aspect of good nutrition is avoiding “bad fats.” These include hydrogenated and partially hydrogenated fats such as those found in margarine and many processed snack foods and breads. Use of these fats is beneficial to the food manufacturers because of their long shelf life and low cost, but they are harmful to your body. These fats interfere with cholesterol metabolism and tend to raise LDL blood fats, the “bad” component of cholesterol, and lower the HDL levels, the

“good” component of cholesterol. Hydrogenated fats also increase lipoprotein A levels, raise triglyceride levels, impair the ability of blood vessels to dilate properly, and interfere with essential fatty acid metabolism. Always check the ingredients of foods you’re buying at the store. You will see the bad fats listed right there on the package! Check for partially hydrogenated or hydrogenated oils, including corn, cottonseed, safflower oil, any fractionated oil, shortening and vegetable shortening. About 40 percent of all foods available in grocery stores contain hydrogenated oils.

It doesn’t really matter what oil is used as the base oil in a hydrogenated fat; what matters is that it has been altered in a factory by man to avoid food spoilage and loss of profits. However, once these oils are altered, they no longer recognizable to the body because they have literally been structurally changed. Hydrogenated oil is formed by heating a vat of oil and placing nickel rods in the vat to change the molecular structure. That’s what changes them from a liquid to a semi-solid, e.g. corn oil which has been made into margarine. These man-altered fats cannot be used by a human body to create healthy cells, whether you’re talking about a skin cell, a nerve cell, a liver cell, a bone cell or a brain cell. A teaspoon of a hydrogenated fat has a half life in the body of 52 days. That means that 52 days after you eat a teaspoon of margarine, you still have 1/2 teaspoon in your body. In contrast, the half life of a teaspoon of a natural fat, such as butter, is 12 days. Since the body doesn’t recognize the altered fats, they are put into storage, which is why you develop cellulite on your thighs and buttocks when you consume these unnatural fats.

Good Fats

Our cells require good fats that are unaltered, including cold-pressed extra virgin olive oil, cold-pressed virgin olive oil, which is the second pressing of the same olives, black currant seed oil, cold-pressed flax (linseed) oil, fish oils, coconut oil and organic butter. Butter, which is an animal fat, contains nutrients needed by the brain that can only be derived from animal fat. Our society has been scared away from fats and many people have embarked on dangerous “low fat” diets. The simple fact is that your brain needs good sources of fat to make the neurons that allows it to properly control your body. When you’re making packaged food choices, you’re better off shopping at the health food store, where you will find many choices of non-hydrogenated foods, including chips, breads and sweets.

Nutritional Balance

A third aspect of eating healthy is a balance in your nutrient selections. For example, you don’t want to eat too much or too little protein, too much or too little carbohydrate, too much or too little fat. Typically, it’s hard for a person to eat too much fat because it’s so filling and satiating that we usually stop on our own. However, most people seem to consume too little protein calories and too many carbohydrate calories, mostly in the form of snack foods. The problem with eating too many carbs is that you don’t maintain a steady blood sugar and you quickly become hungry again. When you eat a carbo meal or snack, your blood glucose level elevates after the food is absorbed, and that elevation triggers an insulin release in the pancreas. The pancreas releases the insulin to lower your blood glucose levels back down to a “safe” level. If your pancreas did not respond this way, you would have a high blood glucose level, which is known as diabetes.

By eating appropriate amounts of protein and decreasing the trend towards excessive carbohydrate consumption, many people find that they have a much more stable blood sugar, which helps them

maintain more clarity of thought and a higher energy level for physical activity throughout the day. People in the habit of eating too many carbo snacks will experience peaks and valleys in their blood glucose levels, which promotes a stress pattern in the pancreas, which has to respond with insulin every time a snack is consumed. This can lead to adult-onset diabetes if done to excess. A handful of nuts or seeds, a glass of juice, water, and fruits and vegetables are much better snack choices. The traditional USDA Food Pyramid promotes eating eleven servings of carbohydrates a day, which is equivalent to eating two cups of sugar a day. By substituting some of those carbo snacks with fruit, vegetables or protein, you will experience a much smoother blood sugar level during the 24-hour cycle.

The Importance of Water

The fourth aspect of fueling your body is hydration. Proper hydration ensures that your body has the water to process metabolic wastes and eliminate them through the lymphatic system, the kidneys and the urine. The typical recommendation is eight glasses of water per day for an adult, which also gives your body enough water for processes such as a maintenance of a moist respiratory tree. Anyone who has exhaled on a mirror or glass window has seen it frost due to the moisture in their breath. We exhale a certain quantity of moisture every day and that must be replenished. If you're exercising or working vigorously and you're perspiring, more moisture will be lost through the skin. A good book on this subject is "Your Body's Many Cries For Water," by F. Batmanghelidj, M.D.

An interesting story that illustrates the importance of having water available to flush toxins and wastes is one of a chicken heart cell that was kept alive in a petri dish in a lab for 30 years. Every day, a lab assistant would change the nutrient bath in the petri dish, flushing all the wastes and toxins and giving the chicken heart cell fresh nutrients. One day, the lab assistant neglected to change the nutrient bath, and the next day the cell was dead. The point of this story is that the chicken heart cell easily outlived the normal life span of a chicken, but it did so under optimal conditions of waste elimination and proper nutrition. When it was given what it needed, the innate intelligence of the cell allowed it to be virtually immortal. The lesson for us is that if we drink enough water to flush the toxins out of our body, we're that much closer to optimal health.

Breathing And Exercise

The magic breath of life began the moment you were born and it continues until the day you leave this planet. Breathing is so primal to our survival on this planet and is something we have done for so long that we don't even consciously think about it. Everyone takes for granted that they know how to breathe properly, but far too many of us have restrictions to our breathing which have created a multitude of symptoms in our lives physically, mentally and spiritually. So much of our spiritual and physical health depends on how we breathe.

Of all the different lifestyle choices you could make to optimize your health, such as exercise and diet, none is more impactful to you, physically and spiritually, than changing HOW you breathe. Conscious breathing is a simple activity that can be practiced even by those who are not in optimal physical condition. Although I use the word "simple" to describe this activity, I'm not implying that it's easy to do. The mind tends to wander and get caught up in the worries of everyday life, but mental discipline and mastery of conscious breathing can gracefully transition you into better health.

Conscious Breathing

Breathing supplies our body with vital oxygen and our spirit with prana, or chi, its vital life force. By maximizing your breathing, you're maximizing the nourishment of both you as a spirit and your physical vehicle. Conversely, chronically shallow breathers do not nourish their body nor their spirit and start to wither, just as a tomato left unwatered will die on the vine. If your goal is optimal health, physically and spiritually, it must include conscious breathing. Having this information is like having control of a faucet that determines how much flow of energy comes into your body, and you control that flow by how often you take a conscious deep breath.

From an emotional and mental standpoint, if you are in fear and stressed about that which you fear, conscious breathing can be the most direct route back to centeredness, where you re-achieve peace of heart and mind. This is, after all, the goal everyone is seeking – a state where your body is optimally pain-free and energetic, combined with a sense of unity with all of creation in your soul. Many people live in a constant state of fear/anxiety of various degrees and feel a tension in their bellies, the third chakra, and a sense of separateness from every thing in the material world. This can be alleviated by doing conscious breathing.

Remember, the key is to focus on your breath and remembering who you are as a spirit, and not to be distracted by the challenges you face moment-to-moment during your journey on this planet. If you do become distracted, re-focus your attention and resume your conscious breathing. No one is expected to master this on their first attempt. Rather, it is like learning to play the piano; the more you practice, the more expert your technique becomes. In the case of conscious breathing, its mastery leads to spiritual growth and physical health. It helps you maintain a virtually constant state of peace of mind and heart and keep you from getting caught up in "negative" thoughts and emotions which create your reality. If you want to raise your vibration to higher levels, start by practicing conscious breathing and focusing on opening your heart unconditionally to all life, everywhere.

If you're not sure if you are a shallow breather or not, start to pay attention to your breath. Awareness is the first step to change. Once you know you are a shallow breather, make the

commitment to change. Perhaps just start by giving yourself permission, out loud or in writing, to allow yourself to experiment with conscious breathing. If you're not sure whether or not your breathing capacity is adequate, put a tape measure around your chest at nipple level. Take excess slack out of the tape but don't pull too tight. Exhale fully, take a reading and measure again as you reach maximum inhale. The difference between full exhale and full inhale positions of the rib cage should be between 2-4 inches in adults. If your rib cage cannot expand at least this amount, you are not going to be able to adequately inflate your lungs within, for they are able to expand only as freely as the rib cage allows. There are quick, long-lasting ways to improve the mechanics of the rib cage. Feel free to contact me for help with this on an individual basis. There are many different breathing exercises I teach my clients. The following few will give you some ways to start your journey with conscious breathing.

Conscious breathing (aka yogic breathing) can be performed in any position at virtually any time or any place, making it ideal as a quick energy pick-me-up and centering tool performed mid-day for even those with hectic schedules. Straighten your spine, relax your body and exhale. Now, push your belly out forward as you begin to inhale. This gives the diaphragm more room to descend, causing the lungs to inflate more fully. After you have maximally pushed your belly forward, take a chest breath; that is to say, expand your ribs maximally. Next, slightly force a little bigger breath, then hold for two or three seconds to avoid hyperventilating, reversing the process to exhale. First, keeping the belly forward, contract the rib cage. When the rib cage is fully contracted, then contract the abdominal muscles to fully exhale. Repeat as often as you want to feel energized and more optimistic.

Breathing Exercises

This set of breathing exercises helps to relax overworked, spastic neck and shoulder muscles. When you give a friend or loved one a neck rub, you head for this area instinctively because most people hold their stress here and need healing help with this area of their bodies. Stand with feet shoulder width apart. Center your pelvis over the front of your heel bones so you feel "light on your feet". Most people weight the arch or forefoot with too much weight and cause their whole body to lean forward. This places extra work on the spinal muscles, which have to work harder than intended when you assume a relaxed balanced posture. Place both arms out to your sides, horizontal to the floor. Left palm should face the sky, right palm faces the floor. Place the tip of your tongue on the ridge just behind the front teeth on the roof of the mouth. When this acupuncture point is touched with the tip of the tongue, it connects the six yin meridians with the six yang meridians and helps flush the chi through the entire acupuncture system, energizing you during the conscious breathing process.

Take a VIGOROUS, FAST full inhalation through your nose, and exhale just as vigorously through your nose. Do ten reps, leaving enough time between breaths so you DON'T hyperventilate and fall over. Next, repeat the same pattern, only exhale out your mouth instead of your nose. Keep the tip of your tongue on the ridge of the roof of your mouth as before. Let your lips be totally limp and relaxed, (ie. opposite of what you do when you whistle) so the forced air escapes around your tongue past the lips. Again, do 10 reps, leaving enough time between breaths to avoid hyperventilation. Next, sit with your upper body fully flexed so your arms are between your knees, touching your feet. The fingertips are to touch under the arch of each respective foot, the thumbs are to rest on the top of the arch of each respective foot, facing away from your midline. Place the tip of the tongue on the ridge of the roof of the mouth again and take ten SLOW, DEEP breaths, in and out through the nose. If your rib mechanics are appropriate, you should feel much better after taking these 30 breaths.

Another wonderful breathing exercise that helps correct postural problems, expand your ribcage and fight the effects of gravity is to stand with your arms at your sides, take a deep breath, simultaneously tilt your head back and extend your arms backwards, palms facing out. Expand your abdomen, chest and rib cage as fully as possible. Imagine you are trying to touch the backs of your hands together behind you. Exhale as you return to the beginning position. Repeat 10 times slowly. If you are getting lightheaded, you are simply moving and breathing too fast. Pause between breaths to avoid hyperventilation.

Those who suffer more severely from low oxygen intake due to past injuries that never fully healed may take longer to feel these positive effects. If you are not feeling any benefits, remember to measure your rib motions and ensure that your body has the movement capacity to breath normal, deep breaths. If you don't see a movement of at least 2-4 inches, these exercises will only provide you limited benefits. Just as when the air filter of your car becomes clogged over time, the effect is poor oxygen availability to combust the fuel mixture in your engine. Consequently, the performance (and fuel efficiency) will decrease until you replace the clogged air filter and supply the engine with more optimal levels of oxygen. So if your rib cage mechanics are suffering and need a tune up, call me and we'll get you breathing normally, for your optimal health and spiritual well being!

Exercise & Performance Training

Exercise is an important part of a healthy lifestyle. With appropriate variety and intensity of exercise, the body is stimulated in a number of healthy ways. Exercising based on heart rate is a good way to maximize aerobic stresses while minimizing anaerobic over-conditioning syndromes. You can derive your appropriate training heart rate by consulting Dr. Phil Maffetone's fitness training information. His 180 Formula gives you a range of cardiovascular stress to stimulate the aerobic physiology of the body while avoiding excessive strain, which would promote a stress reaction on top of the benefits of exercise. You can download a 180 Formula PDF [here](#) to get you started and use Dr. Maffetone's book to learn more and refine your exercise technique.

By exercising in the appropriate heart rate range, you maximize the burning of fat as a fuel for muscular activities. Muscles, like engines, consume energy to do work. The energy they consume is determined in part by the intensity of work you are doing. If you are exercising at a lower heart rate where you are easily breathing and taking in the oxygen required to burn stored fats as a muscle fuel, that will be your predominate source of energy. If you are doing higher intensity work, such as sprinting, your body will be forced to turn on an anaerobic energy production system, which would be a conversion to glycogen (carbo) burning for energy. When the body does this, it is due to an inability to get enough oxygen from the lungs to maintain the fat burning process. We have muscle stores of glycogen for short term use, but once those are depleted our body tries to replenish them from blood supplies of glycogen.

This physiological information flies in the face of the historical myth of "no pain, no gain," which has been hawked by countless fitness experts. But the fact is, if you're listening to your body and supplying what it needs in the moment and not overtaxing it, you will gain fitness as well as health. Many people assume that these two terms are synonymous when they are far from it. Fitness is the ability to do physical work, such as running a mile or riding a bicycle. Health is an expression of the overall vitality of the organism, manifesting as an abundant amount of energy to do whatever drives that soul. A perfect example of this is the runner Jim Fixx. He was very fit, but died of a heart attack. He had the ability to run long distances but his heart did not have the health (nutrition) it needed to work properly.

Simply walking can get you started on a healthier exercise regimen. Many people think they have to push themselves right out of the starting gate. Do something that you enjoy, whatever the sport, and start slow, building up your health and fitness. You don't have to qualify for the Olympics right away! Cross-crawl marching is an excellent exercise that also builds back muscle and activates your brain to wake up and have better control over every part of your body.

Cross Crawl Marches

The cross-crawl march is one of the fastest and easiest ways to stimulate your brain, reducing stress and helping your body to cope with the negative effects of stress. Stand straight and march in place, lifting opposite arms and legs. Lift your knees as high as possible, and extend your arms up as high as possible to get the maximum range of motion. Repeat as often as necessary for a great brain rejuvenation. Do not go beyond the point of early fatigue. As you practice this, your endurance will increase. Work up to 100 repetitions, 3-5 times per day. Many people eliminate all symptoms of chronic back pain with regular use of this simple but neurologically profound exercise. This is a great stress buster when done periodically each day!

Many chronic injuries that I see result from overtraining, where a person simply does not exercise the aerobic system appropriately, and spends most of their time exercising the anaerobic system. This leads to an imbalance in the body and the inability of the adrenal system to cope with these excessive demands. At some point the body will simply fail and the accumulation of stresses will lead to chronic tendonitis, bursitis, or arthritis, or whatever inflammation symptom you can think of. These "itis" symptoms are signs that the adrenal glands have failed through excessive stimulation and they're now fatigued and unable to produce the natural amounts of anti-inflammatory steroid hormones to keep our bodies from being inflamed.

When exercising anaerobically, you can tell you've pushed your body too far at too high of an intensity when you get an incredible sweet tooth after your workout. If you can't wait to get your hands on a candy bar, that's a pretty good sign that you've exceeded your aerobic heart rate range and have been in an anaerobic phase. These principles are important for everyone, whether it's the occasional jogger or an Olympic athlete focused on world-class competition. The physiology remains the same despite the level of perfection attained. If you honor that physiology, you'll be rewarded with the health and fitness gains you deserve.

Structural Alignment

Muscles are the primary skeletal support mechanism. Simply stated, muscles move bones. If this support system fails in its stabilizing job, the secondary system, the ligament system has the burden of maintaining the skeletal alignment. Over time, due to deferred maintenance of past injuries, these two systems break down in predictable fashion. We call this “aging”, but in truth, it is nothing more than deferred maintenance. In our modern world, we are taught to believe that if the pain of an acute injury subsides, fully or partially, then that’s that. No more thought or care is given to the restoration of optimal mechanical function, or alignment, of the injured joint. This leaves that joint relatively unstable. Eventually the body attempts to stabilize itself, as best as it can under the circumstances. The unstable joints are fused together by bony bridges, starting out as “spurs”, in a last ditch effort to increase joint stability. Just look at grandma and grandpa. Their arthritis, or osteoarthritis, is testimony to this process. While the typical medical doctor may say “it’s just osteoarthritis, due to normal aging, take aspirin and learn to live with it”, I suggest a more proactive approach.

Mechanical “hands-on” manipulation restores optimal joint mechanics, which by itself stops much musculoskeletal pain and suffering. By optimizing the diet to supply the nutrients often missing in the modern diet we enhance internal healing at a cellular level. This is the normal maintenance on a biochemical level that allows the body to heal and maintain healthy joints. In other words, joints that are properly supported by normally functioning muscles and ligaments and fed good nutrition DO NOT normally break down in arthritic fashion, even if you’re in your 80’s! By analogy, cars that are WELL maintained last for decades, becoming “classics”, while those that are neglected will begin to show the expected signs of deferred maintenance and break down much sooner.

Unfortunately, we see such a large percentage of the population undergo these breakdown processes collectively known as aging that we tend to assume that this is normal and expected and this will eventually be our own fate as well. Good news is, this suffering and misery is usually avoidable. With proper maintenance, the body should easily last 100+ years, along with an endurance, agility and flexibility that rival healthy middle age levels. The more broken down and the older you feel, the more deferred maintenance the body is suffering from.

The Foot and Its Three Arches

The human foot is an engineering marvel. Feet represent the functional foundation upon which the rest of our skeleton depends for its stability and balance. The stress loads we place on our feet are phenomenal. Yet most of us take our feet for granted, never giving them any maintenance or restorative care until they break down with bunion formations, corns, plantar fasciitis and heel spurs, producing chronic pain.

To gain some appreciation of the stress our feet are faced with day in, day out, 365 days per year, consider the following: the feet of a 100 lb. person accumulate approximately 25 tons of shock force per foot per mile! Jogging doubles this to 50 tons of shock force per foot per mile and running increases it again to closer to 100 tons of shock force per foot per mile. Many adults weigh closer to 200 lbs., meaning the forces are twice those in the previous example. So with these forces acting on the feet each day, is it any wonder your “dogs are barking” by the end of the day?

The foot contains approximately 25% of the bones in the human skeleton, arranged in three separate arches which work together to help form a functional foundation for our entire skeleton. If any one

of these arches starts to fail, or fall, it eventually forces loads onto the remaining arches that cause them to also fail. Being the foundation of the skeleton, the feet are similar to the foundation of a building. If the foundation fails, then the floor, walls, ceiling, and roof eventually fail. Similarly, if the foot architecture is not in neutral biomechanical alignment, there will be ankle, knee, hip, neck, shoulder, TMJ etc. stresses that won't heal no matter how much therapy is directed to these other symptom locations. Just as the old song says, "the foot bone's connected to the ankle bone, the ankle bone's connected to the shin bone, the shin bone's connected to the knee bone....".

Most of us have experience with foot/ankle sprains that appear to fit this pattern. The pain may last just a few steps and then disappear. Or the pain may go away after a day or two. In more extreme cases it lasts a week or so. But after the pain disappears from our conscious awareness, we assume the problem is gone, that our sprain/strain injury has fully healed. These subtle painless misalignments don't show up on x-rays, and are usually unrecognized by both the patient and their healthcare providers. We've sort of been brainwashed to think "if it doesn't hurt there isn't a problem." This frequently is far from true based on my clinical experience. Subtle misalignments cause devastating neuromuscular changes, ensuring skeletal instability leading to chronic pain. Taking an aspirin won't fix this problem.

Plantar Fascitis and Excessive Pronation

In the foot, breakdown of the supporting tissue known as the plantar fascia leads to inflammation or as it is medically known, plantar fascitis. The suffix "itis" refers to inflammation. Improper footwear can be a leading cause of foot breakdown. Fashion footwear is sold for its "attractiveness" not for the benefit of the feet that are trying to cope with the incredible gravitational stresses they are faced with each day. All biological tissues have finite limits beyond which continual strain will cause breakdown. Wearing high-heeled shoes elevates the heel, throwing the body's weight directly over the arches instead of the heel bone. The heel bone was designed to take the weight stress and is substantially larger than any other of the foot bones. If your center of gravity is not in alignment with the heel bone, you will tend to cause an eventual breakdown of the three arches that help the foot function in a normal fashion. Any loss in height of one arch will eventually overload the other two arches and lead to their collapse. Functional flat feet are the result.

This breakdown of the arches allows the foot to roll inward in what is called hyperpronation or excessive pronation. Hyperpronation in the foot leads to ankle bone misalignment. Ankle bone misalignment leads to eventual knee joint misalignment. And so it goes, right up the skeletal frame. I laughingly call this the "leaning tower of Pisa syndrome". This famous leaning structure in Pisa, Italy is suffering from an unlevel foundation. Fixing the top floor would be ineffective, because the source of the problem lies in the foundation. Similarly, many chronic skeletal pains, whether they be in the knee, sacroiliac joints of the pelvis, low back pain, sciatic pain, shoulder, neck, tension headache, etc. have "miraculously" disappeared when I have identified a fault of the foot mechanics and corrected it. Sometimes footwear needs to be changed to a more supportive type of shoe. Other times, chiropractic adjustments specifically designed to optimize the biomechanics of the foot and ankle joints need to be performed to restore normal function to the feet. Occasionally exercises must be performed to rehabilitate muscles that have atrophied due to abuse, trauma and neglect. Be good to your feet and the rest of your body will thank you!

Brain Function, Movement and Posture

Sensory messages from the “motion sensors” in the joints give the brain information called joint position sensation. But to give the brain this information, the joint must be in biomechanically healthy condition. Subtle misalignments that are not painful and don’t show up on x-ray evaluation can cause loss of this vital information with devastating results to the brain’s ability to activate and coordinate your muscles. The result is muscle weakness in the body. Without muscle support, the MAIN skeletal support mechanism is lost and ligaments and joints become vulnerable to further stresses, strains and sprains. This eventually leads to chronic pain syndromes for which many people are told, “you’re just aging, get used to it and take these drugs to cope with your symptoms.”

For example, a misaligned ankle or foot joint will stop sending position sensation messages to the brain to say “hey, I’m here, and I’m moving in such-and-such a fashion.” If the brain stops receiving those messages, it will eventually “forget” or lose awareness about that joint and stop sending nutrients to maintain it. This in turn can lead to recurrent sprained ankles and feet that degenerate, becoming a crippling problem for many.

The sensory messages resulting from movement of joints and muscles activate the brain so it can maintain healthy control of all body systems, including postural spinal muscles. This is how we normally achieve health, including erect posture and pain-free backs. Our muscles work to resist the effects of gravity on our skeletal system and to move our bodies in various ways, including, sitting, standing, walking, dancing, swimming. The resulting sensory nerve input from these activities is what drives our nervous system to control all bodily functions, even while sleeping. Have you ever wondered why your body doesn’t die when you go to sleep? Because gravity stimulates muscles and joints constantly, even when you are inactive or sleeping, and maintains a baseline minimal amount of stimulus arriving in the brain. As a result, the brain sends messages down the spine to control heart, lungs, liver, etc. so we don’t die during sleep. If enough muscles and joints are injured, gravity can’t stimulate them properly and the brain input is compromised. Therefore, sometimes symptoms, including pain, worsen with sleep or inactivity, including sitting or driving for extended periods of time.

This is why keeping your joints and muscles in shape with proper adjustments and appropriate exercise is so vital to maintaining good health. Nerve messages resulting from movement gives your brain the ability to keep you standing up straight. Why is this so important? Because posture has a major effect on rib motion – one of the biggest factors that control how deeply you breathe. If you’re slouching, your ribs can’t fully expand. Therefore, your lungs can’t fully inflate and you’re not able to take full deep breaths of life giving oxygen. This promotes your own demise. Oxygen is the single biggest determinant of your vitality because every one of your trillions of cells requires it to do their particular job. The deeper you’re breathing, the higher your energy, endurance and vitality.

Restoring & Enhancing Optimal Posture

Aside from restoring movement to joints through periodic structural corrections and adjustments, there are several simple exercises you can perform to restore and maintain optimal health and posture. See the cross-crawl marches, breathing exercises, “5 Rites” yoga exercises, all of which I recommend to my patients.

Mental And Emotional Balance

Believe it or not, emotions and thoughts CREATE your physical reality. They are the “energetic” template that condenses to manifest your level of happiness, health, wealth, etc. Listen to what you feel and think on a minute-by-minute basis. Are you positive, optimistic, unity/love based? Or are you negative, pessimistic, and self-centered? By practicing self-audits, you can control your emotions and thoughts. Exercising this self-control of your emotions can be the most powerful means of improving your enjoyment of life. Hint: if your thoughts and emotions are persistently cycling over and over again, stuck on fears, you are thinking of the future. If you are stuck on guilts, you are in the past. The mind tries to distract you from enjoying the PRESENT. To focus on the present, BREATHE and be grateful for the things you have going for you, right now, even if it’s only the breath you just took.

Ten slow, deep yogic breaths (see article on breathing can do much to increase your sense of well-being by increasing your blood’s oxygen levels. Oxygen is vital to a sense of well-being and when it’s deficient, breathing properly is the cheapest, most efficient way to replenish it. Without enough oxygen you cannot produce the endorphins/eukephalins (morphine-like substances) neurochemicals that are greatly responsible for a positive state of mind. When these chemicals are in deficiency, depression can result.

My philosophy of stress management to control anxiety is to bring your body to its ultimate vitality so that it can more easily withstand the stresses of everyday life. I also emphasize techniques to help you cope with stress as you encounter it. I typically give patients physical exercises, breathing exercises and an improved way of fueling the body that will accomplish this goal. How much benefit you derive from these tools depends mostly on the amount of time and effort you put into them. This is your chance to use some simple, effective techniques to make huge improvements in the way you feel.

There are those of you who may benefit more from an evaluation and tune-up before these techniques can be fully beneficial. If you have one or more chronic injuries, rib muscle spasms, etc, you may not be able to perform some of these exercises until those underlying problems are resolved. In that case, I urge you to consult with me for a short period so we can get you back into balance and moving in a positive direction toward more vitality.

Stress Management

To successfully achieve stress management, we must identify or define what stress is. Simply put, stress is imbalance within body, heart, mind and/or spirit. Restoration of balance within each area leads to decreased negative effects of stress.

For example, a person exercising too intensely (anaerobic, high heart rate exercise styles to the exclusion of appropriate low heart rate aerobic style exercise) can cause repetitive overuse syndromes with symptoms of fatigue, muscle imbalance leading to pain and loss of flexibility and eventually a compromised immune function, not to mention an unhealthy craving for sugar to replace the glycogen stores depleted from excessive anaerobic exertions. Whereas a person using appropriate guidelines and a heart rate monitor will feel refreshed, relaxed, mentally clear and emotionally happy by stimulating the aerobic processes during mild aerobic, lower heart rate exercise.

An example of nutritional stress is the lack of appropriate healthy fats in the diet. In our society, we have brainwashed to become fat phobic to our detriment, incorrectly believing that eating fat makes us “fat”. Healthy fats such as coconut oil, extra virgin olive oil and cold water fish oils (salmon, halibut, sardines, etc.) provide essential fatty acids used by our bodies for many vital functions. This includes the makeup of each cell membrane (which is the ‘brain’ of the cell), detoxification processes, creation of vital hormones such as testosterone, progesterone, cortisone etc. and production of anti-inflammatory prostaglandins. These help control the metabolism in the body in various ways. Also, they are nature’s premier “aspirin”. So you can see, by limiting good fats in the diet, you are promoting degeneration/inflammation in every cell of your body; making yourself dependent on synthetic drugs to control/mask the symptoms of this degeneration/inflammation, drugs that are dangerous to your health. Few people realize this, but more Americans (>40,000) die EACH YEAR from gastrointestinal bleeding from non-steroidal anti-inflammatory (aspirin, Tylenol, Aleve etc.) use than died in the Vietnam war. These drugs are not to be taken lightly. They are not the safe long-term therapy most assume. The risks are real. The good news is that nature had a safe, effective nutritional answer to fight inflammation long before these drugs came along, including omega-3 essential fatty acids. If you suffer from pain/inflammation, a more logical approach would be to identify and support the body’s missing needs, to heal the underlying cause, rather than using symptom blocking chemicals with dangerous consequences and no healing.

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The Emotional Stress Release Technique is simple to perform and is great for those time when you have obsessive thoughts, whether it be about something as serious as death or illness, or something

as annoying as not being able to get a certain song out of your head. Obsessive thoughts can be very distracting to you accomplishing your goal of living in the present.

The Emotional Stress Release Technique

When under mental/emotional stress, touch the skin directly above the brows with one or two fingers and tug with a very light pressure upwards toward the top of the forehead. Hold this light tissue tug while internally focusing on the persistent thoughts and/or feelings that are overwhelming you. Breathe slowly and deeply, relaxing the body. As you replay stressful events in your mind, the mental/emotional “charge” will begin to lessen and soon you will not be able to easily focus on that which initially was overwhelming. At this point you are ready to go on to your next project for the day with more of yourself in present time, ready for maximum productivity and happiness.

An example of spiritual balance is seen with a person committed to following their bliss. When following your heart, or as some say, your higher self, you will intuitively know you are on your path. While at times very challenging, the satisfaction of doing your mission in life is reward enough. I can speak from my experience that this is so true. When deviating off this path, for whatever reason, you will have a sense of being unfulfilled or longing for something more deeply satisfying. One of life’s biggest challenges is figuring out what our path is; what we came here to accomplish. True satisfaction comes from achieving this. Sometimes life changes must be made to achieve this (change in relationships, location of your home base, career, new hobbies, learning something new you’ve always had an interest in, volunteer work, etc.) Remember, courage is always greatly rewarded. To fully appreciate these rewards, you need to take the risk of changing your life to better suit you as a spirit.

An excellent book to read about how to stay in the present is *The Way of the Peaceful Warrior*, by Dan Millman. This book chronicles one man’s spiritual transformation and contains many gems that can help you cope with living in this polarity-based reality.

We come into bodies to learn from this third dimensional experience of life on earth in a polarity consciousness. The name of the game is consciousness remembering itself and its source. Some call it the search for enlightenment. If we have patience, perseverance, courage and, perhaps most importantly, unconditional love, we can achieve higher consciousness or enlightenment and a sense of unity with all of creation.

Much of our world focuses on separation, division, conflict, selfishness, money and so forth. At some point, we discover the unsatisfying lack of fulfillment in the pursuits. Once survival, relationship, sexual and career goals have been mastered a natural draw to spiritual growth emerges. Finding a deeper meaning, a higher purpose in this life to give us true satisfaction becomes paramount. Through meditative practices we can tune out the worries of the world and make connection with our higher self, our own inner guide to spiritual growth.

Hormone Balance

Hormone imbalances, like most other imbalances, are probably best understood by understanding normal hormone function. Hormones are made in the body from amino acid precursors that we get from proteins in our diet. Sometimes the process of producing these hormones is adversely affected by a diet deficient in the raw materials necessary to make these hormones, such as amino acids from a poor protein intake or a lack of co-factor vitamins and minerals which are required to make the amino acid convert to the hormone.

Thyroid Problems

An example of this might be in the case of hypothyroidism. You can have a decrease in metabolic activity virtually anywhere in the body just from the lack of the body's ability to produce enough thyroxin, which is the thyroid hormone. Thyroxin is made up of iodine and the amino acid tyrosine. If the diet is deficient in either of these nutrients, the body won't have the raw materials to make the thyroid hormone, resulting in the symptoms of low thyroid, including soft and peeling nails, dry and lifeless skin, fatigue, and mental fogginess, chronic infections, weight gain, difficulty losing weight in spite of exercising, depression and PMS mood swings. Someone with lowered immune function, who catches every cold and flu going around, may also be experiencing low thyroid function.

I have found basal axillary (under the armpit) temperatures taken in the morning before rising to be a reliable indicator of thyroid function. When the body has a certain level of metabolic function, it generates a certain amount of heat as a result. Your temperature should be in the range of 97.8 – 98.2. Anything under this range is considered hypothyroidism, above this range indicates hyperthyroidism.

To take your basal temperature, take a standard mercury or mercury substitute oral thermometer (not a digital) and shake it down, placing it next to your bed at night. In the morning, before arising, simply grab the thermometer and place it between your arm and your chest wall, high up in the armpit so it's touching directly on your skin. Leave that in place for ten minutes, then place the thermometer back on your nightstand. Ten minutes gives a more accurate reflection of the body's lowest temperature of the 24-hour day. This allows us to find out how your metabolism is functioning. If your temperature is low it reflects a slow metabolism, and if it's high it reflects an increase in your metabolism, indicating an infection or hyperthyroidism. Movement before taking your temp will artificially raise your body temp so it's important to take the reading before you move. You can download a Basal Temperature Form [here](#).

After seeing at least a week of basal temps, I then test a patient using AK to find out what nutrients they need to bring those temps up. These are be used until their temps normalize and symptoms disappear. I use a number of Standard Process products as well as a high-quality iodine, which has been very successful. These supplements improve the function of the thyroid gland and give it what it needs to make the thyroid hormone, and get it into the cells where it can be of use to the body. Sometimes we make enough thyroid hormone, but it can't get into the cells.

Proper thyroid function is important because the thyroid sets the metabolic pace for all of your 100 trillion cells, so it's an elemental glandular function that sets the pace for your whole body's health. I recommend at least a week of taking your temperature every morning to get an accurate idea of

where your body is at. For women, a month of temps is even better due to the fluctuations that occur during the menstrual cycle.

Pre-Menstrual Syndrome

PMS symptoms such as breast tenderness are usually a result, in my clinical experience, of estrogen excess relative to the progesterone level. Sometimes this is a function of poor estrogen clearance in the liver. A lot of people may not be aware of this, but the estrogen is usually broken down relatively quickly after it's secreted. If the liver is sluggish in its ability to do this, the estrogen levels can rise higher than they should be and you will feel their effects longer than intended. One of the effects of this is that the water-loving estrogen will be retained in the breasts and extremities, causing edema pressure and pain.

An important function in improving liver activity would include the avoidance of toxin, alcohol, refined carbs, baked goods, soda, and candy. The problem with eating these goodies is that your body has to deal with them, and it needs the nutrients required to process them. For example, when you eat refined sugars, you are eating something that has been stripped of the nutrient material the body uses to produce the insulin molecule that processes the sugar you're consuming. This chronic deficiency of the nutrients that would normally induce insulin secretion can lead to pancreatic stress and a diabetic type pattern. Ensuring a healthy functioning intestinal tract is also important since a toxic colon is a major source of burden for the liver.

Many women having severe PMS have elected to do a surgical procedure to eliminate the organ to eliminate the symptoms, but there are alternative approaches. I've had success working with women who were on heavy medication for PMS symptoms that would incapacitate them for 3 days a month who after getting nutritionally, structurally and neurologically balanced had zero symptoms. Nutritional supplements, reflex work or dietary changes are designed to bring the progesterone and estrogen into balance, improving mood swings, cravings, and cramps.

Sometimes the nutritional balancing requires supplements such as calcium, essential fatty acids, B vitamins, iodine, B-Complex, E, and black current seed oil. Black current oil is a source of essential fatty acids, which are used by the body to produce prostiglandins and other hormone-type substances which help to normalize the progesterone and its functions in the body. Calcium is used to relax muscle tissues and release spasms. Often a topical progesterone cream is also used to increase the blood levels of progesterone.

Menopause

Menopause should be a time in a woman's life when she grows her creative side and uses the energy she had been using for motherhood into a process of opening up and blossoming in her creativity. Unfortunately, too many women in America have difficulties during this time due to deferred maintenance of hormonal balance during the previous decades. When the adrenal glands or the ovaries have been dysfunctional for some time, it's unlikely that they will improve function spontaneously when stress demands or functional demands increase. This is the kind of change that occurs with menopause when the adrenal glands are supposed to take up the slack when the ovaries go into "retirement". If the adrenal glands have become depleted during a woman's life, these

glands won't be able to pick up the baton and run with it, so to speak, and hot flashes and other symptoms results.

Common stressors of adrenals include chemical stresses from fake food diets, taking synthetic drugs and vitamins, caffeine, alcohol, pesticides and herbicides, antibiotic residues, and hormonal residues in meat products and poultry. Mental stress includes such things as finances, job, family, etc. Thermal stress can occur if you frequently move in and out of warm/cold buildings. Physical stress can be overworking at the gym, or attempting a high level of activity when you're not in shape. I have an excellent video available for viewing called *The Breakthrough Treatment for Menopause*, by Dr. John Lee. This is an excellent source for a comprehensive overview of women's health issues, including a very important solution to many common complaints.

Nervous System Rehabilitation

A 70-plus-year-old branch of science called Quantum Physics has yielded a whole new approach to Nervous System Rehabilitation. In a nutshell, light waves carry information. As most people are now aware, the telecom industry is changing over to fiber-optic cables to carry more data/information than copper cables could ever hope to carry, and at faster speeds. Simply considered, plant genetics require sunlight to grow. The information contained in the wavelengths of sunlight stimulates the plants to grow. Similarly, our cells, including nerve cells, need light to function normally. When injuries, illnesses or conditions alter normal nerve functions, loss of health is a result. Our new approach is to use a technique called Quantum Neurology® to rehabilitate this lost nerve function. A variety of tools have been developed that make the healing process efficient and sometimes amazingly fast. My colleagues and myself, using this Quantum Neurology® approach have had tremendous results, I have even seen paralyzed nerves respond to these Nervous System Rehabilitation techniques.

Quantum Neurology® Nervous System Rehabilitation

One of my mentors, Dr. George Gonzalez, developed Quantum Neurology®, Nervous System Rehabilitation. He is training other doctors in the basic and advanced protocols of Quantum Neurology. These doctors have expanded on his teachings and developed a variety of comprehensive approaches to rehabilitate sports injuries, food sensitivities, sensory losses, muscle weakness and paralysis cases, among others. This list is by no means all-inclusive, as every year new applications are being discovered for this new form of rehabilitation to be applied to an expanding number of patients with various injuries, illnesses and conditions. Dr. Smith has completed all three modules of Dr. Gonzalez's training.

[Watch a YouTube video of Dr. Smith talking about his experiences with Quantum Neurology® and Nervous System Rehabilitation.](#)

Dr. George Gonzalez, DC

Dr. Gonzalez originally developed the Gonzalez Rehabilitation Technique (GRT), now known as Holographic Healing®. He has also developed the GRT Lite® which is a low-level LED-based light therapy device based on the principles of Quantum Physics. This instrument, along with the ArthroStim®, allows Dr. Smith to rehabilitate every major nerve in the body, whether it be a motor nerve, sensory nerve or cranial nerve. Cranial nerves are the 12 specialized nerves that control bodily function such as vision, sense of smell, hearing, facial expression, digestion, organ function and healing.

Dr. Gonzalez has published "Holographic Healing", a book that explains Nervous System healing principles in more detail. In it, Dr. Gonzalez describes how he developed this radical new healing approach based on his frustration at his inability, as a newly graduated chiropractor, to help his wife recover from a moderate spinal cord injury. As they say, necessity is the mother of invention. Being a recent graduate, he did not have the financial ability to take his wife to doctor after doctor, seeking a satisfactory resolution of her crippling condition. This motivated him to develop an effective

rehabilitation method that was successful in resolving her condition. “Holographic Healing” is available on Amazon.com or through Dr. Smith.

Common Complaints

The following information is based on more than 30 years of my clinical experience. I present it here to give you a compass on your journey to health. For more clarification of an issue or a more detailed discussion, I am available for phone consultations. If you want information about a complaint that is not included here, let me know. Good luck on your healing journey and blessings that you may reach your goals!

Acid Reflux (GERD)

This is a problem with indigestion in which a person is suffering from chronic heartburn. It can be caused by a structural problem, such as a hiatal hernia, which is a situation where the stomach is protruding partway into the diaphragm, pinching the stomach and causing poor digestion function. When this happens, you're not able to optimally control the digestion process. Often, a decreased production of hydrochloric acid results from this structural irritation of the stomach tissue. This results in poor digestion of proteins, which allows bacteria to digest the proteins instead of your stomach.

A by-product of this protein breakdown by the bacteria is harsh, organic acids which are more irritating to your stomach than even hydrochloric acid. Many people take antacids either prescription or over-the-counter, to combat these symptoms of heartburn. Unfortunately, this only treats the symptom of the burning pain but doesn't correct the underlying problem. In fact, it promotes more of the same symptoms because the normal pH of the stomach is highly acidic. This is what allows efficient protein digestion in healthy people. Chronic use of acid stoppers and acid blocker drugs also block the absorption of calcium, iron, and a host of other nutrients that depend on a healthy acidity in the stomach/intestines for processing/assimilating. A hiatal hernia can often be easily corrected by an applied kinesiology adjustment performed by a properly trained chiropractor. If you don't live in my area, you can find an AK doctor in your area [here](#).

I have found that improper food combinations can be a major cause of acid reflux symptoms. The incomplete digestion of protein and the resultant acids produced by putrefaction can be very harsh. Most of my patients who have been diagnosed with Acid Reflux Disease benefit greatly from the Food Combination Diet. As the digestion process improves, the heartburn symptoms disappear.

A third common cause of these symptoms is insufficient production of hydrochloric acid. Clinical studies have verified that the older we get, the less hydrochloric acid we produce. This may be secondary to a unrecognized, chronic zinc deficiency, which is a vital mineral used to produce hydrochloric acid. Zinc is one of the most common mineral deficiencies among Americans, and is vital in hundreds of chemical systems throughout the body. Some patients see significant improvements as soon as they take a hydrochloric acid supplement with their meals. As illogical as it may seem on the surface, putting more acid into a "heartburning stomach" actually helps a high percentage of people with these symptoms.

A small percentage of acid reflux cases I've seen have been due to excessive gastric juices. For this problem, there is a Standard Process supplement called Gastrex, which usually brings immediate relief.

ADD/ADHD

Attention Deficit/Hyperactivity Disorder (ADHD) is a pattern of behavior that I see in children and adults. They often have neurological disorganization and/or chemical imbalances in their bodies and

brains. Chemical imbalances are frequently due to chronic, unrecognized malnutrition. If you're not feeding your body the raw materials for the cells to run on, they break down and don't function properly, including nerve cells in the brain. For example, blood sugar imbalances often result from eating too many highly refined carbohydrates such as cereals, bakery products, snack foods, candy and soda. The GAPS diet (stands for Gut and Psychological Syndrome) developed by Natasha Campbell-McBride, addresses a very effective approach to healing the gut, immune system, the psychological/mental health; the whole person, in fact.

The pancreas, liver, and adrenal glands have a hard time processing these excessive amounts of refined, nutrient-depleted carbohydrates. This dietary error leads to peaks and valleys in your blood sugar levels which can eventually lead to diabetes as well as the neurologic symptoms of ADHD. When you eat refined sugar, the pancreas is called upon to secrete insulin. This drops the blood sugar levels, too fast and too low. The faster the sugars are absorbed from the intestines into the bloodstream, the more insulin is secreted, and the lower the blood sugar falls. Many people will binge on even more sugar and refined carbohydrates to head off this "crash" of blood sugar (hypoglycemia), repeating this distressing cycle to the detriment of these organs/glands.

Frequently, I see food allergies/hypersensitivities as a component of ADHD/ GAPS (Gut and Psychology Syndrome) and through AK muscle testing I identify food sensitivities and correct what I find. If there is a neurological component I do corrections based on my findings, including chiropractic adjustments, homework (consisting of lifestyle changes to undo damage that previous lifestyle errors caused), and neurological rehabilitation therapies to restore function and health in the intestines and the brain. I also look at chemical hypersensitivity and candida/yeast, leaky gut syndromes. Frequently I see a trend of hypersensitivity towards dairy products, gluten-containing grains such as wheat, and caffeine-containing products. But in truth, bodies can become hypersensitive to any food, due to gut damage called leaky gut syndrome, in which large undigested food particles prematurely enter the blood stream. This causes antigenic immune responses. Only fully digested amino acids, fatty acids, carbohydrates, minerals and vitamins are meant to enter the blood. Then there is proper assimilation and no hypersensitivity reaction. Chemical hypersensitivities can come from such things as synthetic perfume smells, new car smells, and outgassing substances like formaldehyde and phenols from new clothing, new carpet, new furniture, and new paint (ie. petrochemicals).

There is also evidence that ADHD patterns can start during the birthing process, when a baby's neck may be injured as the baby is being pulled out of the birth canal. I have worked on babies as young as 12 hours old, and they have invariably needed an adjustment to correct a subluxation. For more information on this phenomenon and it's relation to hyperactivity in children, there is an excellent article by Dr. John Upledger, developer of the CranialSacral Therapy. With adjustments, dietary changes and the elimination of environmental stressors, I usually see a dramatic calming of the ADHD behavior pattern, and parents and teachers are the first to notice and comment on this.

Allergies

The first step in helping an allergy problem is to determine what you are allergic to, which can be accomplished with muscle testing. Once we find what you're allergic to, I attempt to desensitize you using acupuncture meridian points. By stimulating those points, typically using laser light, I'm able to tell the nervous system what the body is hypersensitive to and allow the body to stop reacting and start healing. The GAPS diet (Gut and Psychological Syndrome) may be necessary to help the intestines heal fully. Healthy intestines are a pre-requisite for healing allergies.

The patient will usually be asked to avoid exposure to a their trigger substance, such as wheat/gluten containing foods. You will need to avoid eating it for 3 to 4 weeks to give your liver a

chance to cleanse the blood system of any antibodies, which are what your body uses to get rid of an “invader”, i.e. wheat. This takes the body out of “alarm” state which involves inflammation response. In this ‘fight or flight’ mode, there is little chance of healing. Desensitization therapies, and neurological rehabilitation, combined with dietary lifestyle changes and nutritional supplement therapy often allow the body to heal itself fully.

Environmental allergies can be a little more challenging to treat because they are all around us. It’s hard to allow your immune system to quit reacting and producing antibodies and histamines. It’s best to treat these types of allergies off-season, when possible. If it’s a pet that you’re reacting to in your home, sometimes the pet can be placed elsewhere, temporarily, while you’re body is going through that desensitization process. After you’ve become desensitized, I suggest a small exposure as a trial, to test your body’s response to the triggering stimulus.

Sometimes people’s allergic responses are due to improper food combinations, such as eating protein and starch in the same meal. The “meat and potatoes” diet so common in America can increase the production of histamines in the blood as neither the starch nor protein is properly digested in the intestines. When starch and protein are eaten together, the starch will be broken down first and typically there is an inadequate amount of stomach acid/pepsin digestive enzyme to fully digest the protein. When the undigested protein begins to putrify in your intestines, it can lead to increased histamine production as this material begins to absorb into your blood stream. The Food Combination Diet Pdf on this site is an excellent source of information on this phenomenon, and patients who have followed this diet have reported a dramatic decrease in allergies almost immediately.

As a basic guideline to decrease allergy symptoms, eliminate sugar, alcohol, and coffee from your diet. Also make sure you are eating the proper balance of acidifying and alkalinizing foods. A pH imbalance can also cause allergy symptoms, such as an excessively alkaline shift in salivary pH. Histamines are much less effective until you get the salivary pH back to 7.2 or so. Another reference for health gut/immune function/psychological health is the GAPS diet. You can read about it [here](#).

Anxiety And Stress Management

My philosophy of stress management to control anxiety is to bring your body to its ultimate vitality so that it can more easily withstand the stresses of everyday life. I also emphasize techniques to help you cope with stress as you encounter it. I typically give patients physical exercises, breathing exercises and an improved way of fueling the body that will accomplish this goal. How much benefit you derive from these tools depends mostly on the amount of time and effort you put into them. This is your chance to use some simple, effective techniques to make huge improvements in the way you feel.

There are those of you who may benefit more from an evaluation and tune-up before these techniques can be fully beneficial. If you have one or more chronic injuries, rib muscle spasms, etc, you may not be able to perform some of these exercises until those underlying problems are resolved. In that case, I urge you to consult with me for a short period so we can get you back into balance and moving in a positive direction toward more vitality.

To successfully achieve stress management, we must identify or define what stress is. Simply put, stress is imbalance within body, heart, mind and/or spirit. Restoration of balance within each area leads to decreased negative effects of stress.

For example, a person exercising too intensely (anaerobic, high heart rate exercise styles to the exclusion of appropriate low heart rate aerobic style exercise) can cause repetitive overuse syndromes with symptoms of fatigue, muscle imbalance leading to pain and loss of flexibility and eventually a compromised immune function, not to mention an unhealthy craving for sugar to replace the glycogen stores depleted from excessive anaerobic exertions. Whereas a person using appropriate guidelines and a heart rate monitor will feel refreshed, relaxed, mentally clear and emotionally happy by stimulating the aerobic processes during mild aerobic, lower heart rate exercise.

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drugs, foods, cigarettes and alcohol, unhealthy eating habits, physical symptoms that don't respond to structural corrections. These addictions are an attempt to self-medicate and minimize the internal anxiousness caused by the energetic blocks that need to be cleared. These blocks are the aftereffects of various traumas we experience in life, such as physical assaults, molestation, psychological abuse, and PTSD from combat experience, violent injuries and accidents, etc.

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Arthritis

Osteoarthritis has been described as 'cooked food disease', by Dr. Royal Lee. Lee founded Standard Process Labs nutritional supplement company in 1929. Heat denatures (changes) the shape of protein molecules. Like broken building materials (bricks) or twisted/warped timbers, the damaged proteins are unusable by the body to repair day to day wear and tear on the cartilage lining of our joints. Typically, the greatest load bearing joints degenerate first. Lack of sufficient raw, uncooked protein, prevents day to day maintenance/repair of the joints. How common do we hear of people undergoing knee or hip replacement surgeries? There are potentially serious, quality of life LOWERING outcomes, from these surgeries. Surgeons often don't disclose this real risk, and if/when they occur, there is little to be done to correct the situation.....permanent disability/pain can be the outcome. I've seen it in my patients and hear story after story about family members and friends who regret the decision to undergo surgery.

My approach is to identify any muscle imbalances/dysfunctions and the common neurological breakdown responsible for the muscle problems. Like the electrical supply panel in a house that contains circuit breakers for the different areas of the house, overload of a given circuit causes the breaker to trip; preventing an electrical fire and the resultant damage/injury/loss of life that could otherwise occur. It's a great safety mechanism. Understanding how it operates makes it simple to correct electrical service interruption in the house. Identify the offending overload, stop said overload use, reset the circuit breaker, and enjoy the normal electrical supply's return of function.

The nervous system has similar functionality and safety features built in. If an injury/illness or other condition overloads the nervous system, the body does its best, with the resources at its disposal, to repair the body and restore health and function back to optimal. Sometimes, this happens almost immediately, sometimes overnight with sleep/rest. However, if the body lacks the necessary energy, information and nutritional resources to complete said repairs, we are left with pain, weakness, spasms, stiffness, loss of range of movement, inflammation, etc. This, for example, is what a limp in your walking pattern is. This pattern is common in the genesis of osteoarthritis. I often find, on examination, a variety of muscle imbalances, weakness that prevents normal joint stabilization. This results in abnormal biomechanical wear and tear forces on the joint that accelerates degeneration. Couple that with insufficient dietary proteins (undamaged by cooking) and other nutrients REQUIRED to maintain healthy joint cartilage and you have the perfect recipe for arthritis.

My approach to helping patients heal joints like this is three fold. First, identify muscle imbalances and their frequent neurological component of injury.....and second, do appropriate neurological and applied kinesiological rehabilitation to correct that. Stable joint's don't hurt, unstable joints do....its that simple. Thirdly, I evaluate the patient for nutritional requirements. Without the appropriate building materials, the body cannot remodel/repair degenerative tissue. Human bodies simply cannot make something out of nothing.....apparently, only God can do that. If a diet consisting of too much processed/packaged food is creating a hidden nutritional deficiency, and said missing nutrients are supplied to the body, then the repair process can finally begin at the cellular level.

What's often described by my patients as unique about my approach compared to other health care providers is my ability to find these underlying hidden/undiagnosed weakness and nutritional requirements. Providing the needed energy, information and nutritional resources allows the body to self-repair, frequently in just seconds or minutes (unless, of course, tissues need time to put the nutritional therapy to work with remodeling....this does take more time).

Again, bodies are driven to self repair, IF they have the necessary energy, information, and nutritional support. Lacking one or more of these crucial ingredients, the body is unable to heal, and degeneration becomes your lot in life. I see degenerative diseases, like arthritis, autoimmune diseases, high blood pressure, allergies, headaches, etc as being evidence of deferred maintenance. I do NOT see them as signs of aging. My perspective allows for healing, PROVIDED YOU TAKE RESPONSIBILITY and do the necessary ACTION steps to recover health. The alternative is a life of suffering. The choice is yours, and only yours, so choose wisely and enjoy a lifetime of great health!

Bladder Infections

Bladder infections, like any infections, are a sign that your immune system is having a difficult time keeping you in balance in the presence of bacteria. One of the first things I look at are immune system stressors such as too much sugar or alcohol intake, which inhibits the immune system. Chronic mental/emotional/physical distress can also cause immune inhibition due to the adrenal stress hormones that are dumped into your system during a stressful situation. This promotes delayed immune reactions and allows more severe signs of infection.

Nutrients effective in helping this type of infection pattern include Calcium Lactate, Cataplex F, and Cataplex A-C-P, used to support the epithelial tissues which line the entire urinary tract, giving them more resistance to infection; the calcium and vitamin F feed the white blood cells so they can destroy the pathogenic bacteria. Thymex gives support to the thymus gland, which helps direct antibodies to aid in the immune response to get rid of the infection.

Candida And Yeast Infections

Candida is a yeast organism normally present in the gut but it's kept in check by the acidophilus and other friendly organisms that are in our gut via lactic acid production. Simply put, yeast can't overgrow in an acid intestinal tract. Through lifestyle, dietary and healthcare practice we destroy the friendly bacteria, losing the ability to keep the candida organisms in check. If this occurs, for example, through chronic use of antacids, antibiotics, prednisone, cortisone, birth control pills, too much sugar/alcohol/carbohydrates in the diet etc., we create imbalances and candida overgrowth occurs.

Symptoms include oral thrush, vaginal yeast infections and fungal outbreaks on the nails, in the ears, or on patches of skin. Candida sufferers may also feel lethargic and bloated after eating,

especially if the meal includes sugar, carbohydrates and/or alcohol, which act as food for the Candida.

To treat candida, I first identify the problem with muscle testing, then do a desensitization protocol which is a treatment procedure to help your brain quickly focus on the problem and its resolution. Then I implement dietary and lifestyle changes as appropriate to the individual to maximize the potential to restore the balance of the healthy organisms in the intestines. Often I give a patient nutritional supplements to speed that recovery. Often, women who refuse to give up using birth control pills find that they have a very hard time healing this problem.

Men also get candida but seem to be more “carriers” of the organism rather than symptomatic sufferers. Candida can be transmitted through bodily fluids or even a kiss, which is why I sometimes need a sexual partner to come in for treatment to get a complete resolution of the problem.

As a preventive measure, I recommend taking acidophilus and bifidus supplements when you are exposed to antibiotics, steroidal hormones such as prednisone and cortisone or if you are taking birth control pills. The diet below will also greatly assist the candida sufferer.

Candida Diet – Download the PDF [here](#)

Here’s a simple overview of a very effective Candida diet. A minimum of three weeks on this diet is recommended to help reduce the amount of yeast in your system.

For 3 weeks do not eat any foods containing these ingredients:

Sugar, honey, sucrose, fructose, high fructose corn syrup, dextrose, nutrisweet, equal, maple syrup, soy sauce, alcohol, mushrooms, fruit juice, fresh fruit, dehydrated fruit (e.g. raisins) limit vinegar (i.e. salad dressings, etc.) Read all ingredient labels for “hidden sugar!” Do not use artificial sweeteners!

You may eat: Proteins (meat, poultry, fish, tofu, etc.), fresh veggies, whole grains, nuts and seeds (raw, not roasted)

Drink: 6-8 glasses of water each day

A good book to read on the subject is:

The Yeast Connection by William G. Crook, M.D.

A good description of the scope of symptoms caused by antibiotic overuse, artificial foods, synthetic hormone prescriptions (e.g. birth control pills, prednisone). The yeast organism overgrows the intestine as a result of those factors. Although the books’ proposed treatment options are quite limited in scope, I have a treatment that effectively eliminates the problem, based on lifestyle and dietary changes, over the course of one to two sessions. Available at bookstores or www.amazon.com.

Chronic Fatigue

This is a situation where you have chronic, unremitting fatigue, which continues for a long period and sleeping doesn’t help. Two of the common factors I find are immune system imbalances and respiratory disorders, where the person’s breathing capacity has been compromised and they are no longer able to take deep breaths. Oxygen being the most important in the molecule to maintain our vitality can be dramatically reduced on a breath-to-breath basis just by shallow breathing. By not exercising appropriately the ribs lose the ability for the ribs to articulate and move properly,

preventing the ribs and subsequently the lungs within to expand fully, causing shallow breathing. Chronic shallow breathing can be a big contributor to CFS, because if you don't get the oxygen in, you don't have the energy available in your cells.

I check breathing on all my clients because oxygen is such a key player on the biochemical side of the triad of health. If you're trying to stimulate the healing process in other ways, through nutrients or exercises, and the body doesn't have enough oxygen available, that step that the other nutrients are going to activate will put a stress on the system because there's not enough oxygen to drive the system.

I also look at emotional and immune issues, which could be affecting how a person's body is or is not able to heal itself. It varies case to case, but excessive stress is a common stressor of the immune system. When a person is under stress the adrenal stress hormone cortisol is secreted into the blood system, and gives you the "fight or flight" response. If you are under constant stress you'll have high levels of this hormone in your system all the time. Cortisol is an important stress hormone, but at the same time it suppresses the immune and lymphoid tissues. So if you're constantly suppressing the immune system, you're going to have a harder time responding to infection patterns.

Exposure to high levels of toxic chemicals can also overwhelm the body's detox systems, especially in the liver, and can cause chronic fatigue patterns until those chemicals are eliminated from the body, or new exposure to toxins is avoided. Over time, the body will excrete what has built up. Mercury fillings may contribute to this toxic pattern. To my understanding, the EPA has ruled that mercury is a toxin and should not be in the body. Mercury has toxic effects in many areas of the body, particularly the nerve cells, where it tends to be deposited in the myelin sheath.

In short, chronic fatigue can be brought on by a number of environmental factors, including petrochemical, viral, mold, and chemical outgassing from new carpet and paint.

Chronic Pain

Chronic pain is simply a sign that you are out of balance on some level. If you can identify what aspect of you is out of balance, you can heal the chronic pain. Sometimes there's a structural component involved, such as in chronic low back. You may have a foot arch subluxation. If your foot isn't stable, your ankle won't be stable, your knee won't be stable, your low back won't be stable, etc. It's just a serial structural stress pattern stemming from the failure of that foundation arch of the foot.

Chronic pain may also be the result of a nutritional imbalance. For example, if you are needing B-vitamin factors to stabilize muscles that stabilize your low back, you can have a nutritional deficiency which results in an unstable low back and chronic back pain.

One of the most common forms of chronic pain comes from mental stress patterns. When these occur, such as financial stress, job stress, family worries, etc., they create a physical stress response in your adrenal glands, i.e. the "fight or flight" response. When you increase the output of adrenal stress hormones, especially cortisol, you can have a weakening effect on the ligament structures that support the sacroiliac joints, which can produce low back pain. As you can see there are not only structural causes, but nutritional and mental/spiritual causes that all feed into the system we call a human body.

Crohn's Disease and Irritable Bowel Syndrome

It has been found that these problems can be the result a long-forgotten disease: scurvy. It is caused by a deficiency of the whole vitamin C complex, not just the isolated ascorbic acid form that is commonly sold. This lack of vitamin C often affects bones, joints, teeth, gums, digestive membranes and all connective tissues, including the skin. Many cases of Crohn's or IBS, including bleeding ulcerative colitis and enteritis, are a form of scurvy of the intestines.

Unless the missing whole vitamin C complex is used in these cases, you will have to try to exist by "controlling" the condition with drugs or surgery, neither of which supply the missing vitamin C nutritional key. I also test for allergic reactions to dairy, wheat and gluten and frequently recommend a 30-day avoidance trial to determine if hypersensitivity to these foods is producing the symptoms.

Many people also benefit from nutritional support for the liver and gallbladder which improves digestion, soothes diarrhea and cleanses the gut. Vitamin A is another nutrient that may be important in the healing of intestinal lining. Follow these guidelines and others specific to your individual needs and allow sufficient time for healing: 8-18 months. Remember that ascorbic acid alone will not solve this problem. The whole vitamin C complex must be used.

Colds and Flu

When we exhibit symptoms of colds and flu, we are demonstrating that our body is being pushed beyond its physiologic balance. More toxins accumulate in the body than it can evacuate, creating an environment that isn't healthy. Nature's solution to this imbalance is to send in bacteria to compost, or break down, these toxins. Therefore, the best way to eliminate and prevent colds and flu is to stimulate the elimination of toxins and cleanse all the routes of elimination that the body uses. This includes nasal douching with a salt solution, the Lemon Routine, hot peroxide baths, saunas and hyperhydrating, such as drinking a gallon or more of water a day.

By doing this cleansing, especially at the first hint of symptoms, the body is flushed of excessive toxins, making it unnecessary for the composting bacteria to be there. Once the bacteria are brought down to baseline levels, your symptoms go away. Clinical studies have proven again and again that over-the-counter cold and flu remedies do nothing but increase the burden of toxic substances in the body, prolonging your suffering.

Of course, avoiding sugar and sugar-containing foods is important for prevention and to get over symptoms. Sugar lowers your immune system and your body will have a harder time fighting off infection. The organisms that cause colds and flu are always present in your body, but you don't exhibit symptoms until your immune system is stressed to the point that it can't keep those organisms in check.

Dental Problems

Cavities, gingivitis, periodontal disease and the like are usually a result of improper diet, including insufficient raw vegetables, fruits and nuts, and RAW bone-meal sources of calcium. This form of calcium is used to rebuild dental tissues. A few Standard Process products include BioDent, Biost and Calcifood, which are designed to help healing loose teeth, bleeding gums, gingival pockets and sore spots with denture use. They are nutritional sources for the tissues which are breaking down and failing, such as the gum or the bone structure that supports the tooth.

Of course, it should go without saying that diet needs to be balanced with regard to sugar intake. Excessive refined sugar consumption leads to fermentation processes where the bacteria in the oral cavity produce acids that will decay the tooth enamel and start the cavitation process.

De-toxing

One of the easiest ways to begin de-toxing is simply to wisely choose the foods and beverages you put in your body, and which chemicals you breathe into your lungs, which will decrease the amount of toxic material you will have to eliminate. Standard Process has a supplement that is an extract of liver, which helps speed the process of the liver detoxification. A variety of herbal substances also help cleanse and detoxify, including silimoran, artichoke heart, milk thistle and tumeric.

Diet plays a large role in the toxic load on your body. What you come to realize is all you're doing is finding a diet that fuels your body with the fewest number of harmful consequences. By fueling your body this way you'll have more energy and less illness. I have incorporated the Food Combination Diet into my life with much success. Pesticide and hormone-free foods are an essential part of decreasing your toxic load.

Kombucha tea has also been ascribed wonderful detox benefits by many sources and can be a simple way to assist your body in the healing process. The internet has many resources for information on kombucha and how to prepare it, including a kombucha network to find you a starter mushroom.

I recommend what I call the Lemon Routine for patients with infections and for detoxification. Lying on your left side, take an enema with the juice of 1/2 fresh lemon (not from concentrate) in a quart of lukewarm water. After evacuating the enema from the bowel, take the other half of the lemon and rub the cut edge all over the skin – arms, legs, abdomen, all over. Then immediately climb into a bathtub full of water, as hot as you can tolerate. Stay in the bath for 15-20 minutes.

Make sure that you are properly hydrated before performing the lemon routine, because the lemon juice on the skin will cause the pores to open up and the hot bath will cause you to perspire excessively. Also, be certain that there is someone there with you, because following the bath clients are frequently too weak to pull themselves out of the tub. When the bath is finished, you should quickly wrap yourself up warmly and quickly go to bed where you will continue to perspire for some time.

The lemon routine causes improved elimination through both the bowel and the skin, and is a most important helper in the treatment of infections. Many times, this procedure will bring on a healing crisis, and you will be better either immediately afterwards or by the next day. This is also a good routine for preventive maintenance to keep your system flushed.

Ear Infections

In the case of chronic ear infections, you have to look strongly at what is stressing the immune system to the point that it's having a hard time healing. Frequently when I deal with kids and ear infections, I see food allergies causing a chronic immune battle, and the immune system simply starts to fatigue and has no ability to fully correct the problem until the dietary allergen is identified and eliminated. Milk, sugar and dairy are the most common stressors that have to be eliminated from the diet before you will eliminate the chronic infection pattern. But after identifying these things I usually see quick resolution of the symptoms on a permanent basis.

I have observed that the placing of drainage tubes in the ears is more for symptom control and doesn't do anything to stop the chronic lymphatic drainage problem. If you do something to correct the cause of the congestion and the production of the mucus there is no material that needs "draining" from the ears via the tubes. I think treating the cause of the problem is more effective and less traumatic to the child.

Fibromyalgia

Fibromyalgia is an umbrella term that covers a group of symptoms including pain, tenderness and stiffness of joints and nearby structures. Muscles may also be affected by these symptoms. Systemic symptoms such as fatigue, depression and insomnia may also occur.

I usually find that treatment centers on dietary changes and nutritional supplements to supply the nutrients the body is missing in the daily diet. The modern diet most people consume is over-refined, stale and is lacking in these vital nutrients. The vitamins needed depend on the individual and can include A complex, B complex, C complex, calcium, magnesium and/or essential fatty acids (the good oils) – called essential because your body can't make them from other fats and relies on adequate dietary intake every day.

In some cases fibromyalgia is a result of blood sugar imbalance due to excessive intake of refined foods. In other cases it is the result of using synthetic B vitamins made from petrochemical derivatives like pharmaceuticals.

Flu

When we exhibit symptoms of colds and flu, we are demonstrating that our body is being pushed beyond its physiologic balance. More toxins accumulate in the body than it can evacuate, creating an environment that isn't healthy. Nature's solution to this imbalance is to send in bacteria to compost, or break down, these toxins. Therefore, the best way to eliminate and prevent colds and flu is to stimulate the elimination of toxins and cleanse all the routes of elimination that the body uses. This includes nasal douching with a salt solution, the Lemon Routine, hot peroxide baths, saunas and hyperhydrating, such as drinking a gallon or more of water a day.

By doing this cleansing, especially at the first hint of symptoms, the body is flushed of excessive toxins, making it unnecessary for the composting bacteria to be there. Once the bacteria are brought down to baseline levels, your symptoms go away. Clinical studies have proven again and again that over-the-counter cold and flu remedies do nothing but increase the burden of toxic substances in the body, prolonging your suffering.

Of course, avoiding sugar and sugar-containing foods is important for prevention and to get over symptoms. Sugar lowers your immune system and your body will have a harder time fighting off infection. The organisms that cause colds and flu are always present in your body, but you don't exhibit symptoms until your immune system is stressed to the point that it can't keep those organisms in check.

Foot/Ankle Sprains and Plantar Fascitis

See: Structural Alignment page

Herniated Disk

Some medical estimates are that herniated discs are insignificant, clinically benign, with regards to the patients symptoms in about 97% of cases. This leads one to wonder why there are so many back surgeries in America when approximately 85% of all back surgeries fail.

I frequently find muscular weaknesses that lead to mechanical dysfunction in the joints. The resultant lack of movement creates a physiological “splint” of sorts, which means that the bones in the lumbar area, for example, are unable to move, leading to pain patterns that radiate down the leg. Neurologic patterns can and do create weaknesses that are “clinically classic” cases of herniated disc syndromes, including symptoms of loss of sensation and muscle strength. In my experience, however, these symptoms are more often related to other neurologic imbalances and problems. By making the neurological changes I can usually restore sensation and muscle strength within minutes, showing that it wasn’t in fact due to a disc pressing on a nerve.

Hiatal Hernia

When you have a hiatal hernia, your stomach is actually protruding partway into the diaphragm, pinching the stomach and causing poor digestion function. Hiatal hernias can be caused by improper breathing technique while lifting heavy objects or exercising, straining during a bowel movement, vomiting and excessive coughing. The proper breathing technique when lifting or exercising is to exhale fully before exertion. This lifts the diaphragm out of the way of the stomach while you’re contracting and prevents the hernia.

A common symptom of a hiatal hernia is feeling nauseated after eating. This is because the food you are eating is not staying in the stomach. A simple way to diagnose a hiatal hernia is to hold your arms out in front of you at a ninety-degree angle to the ground with the backs of your hands together. Have someone try to pull your arms apart while you resist. If they are able to pull your arms apart, you may have a hiatal hernia.

The easiest way to fix this problem is to visit a chiropractor or AK practitioner who can perform the adjustment to push your stomach back into alignment. Do not perform this adjustment yourself!

Menopause

Menopause should be a time in a woman’s life when she grows her creative side and uses the energy she had been using for motherhood into a process of opening up and blossoming in her creativity. Unfortunately, too many women in America have difficulties during this time due to deferred maintenance of hormonal balance during the previous decades. When the adrenal glands or the ovaries have been dysfunctional for some time, it’s unlikely that they will improve function spontaneously when stress demands or functional demands increase. This is the kind of change that occurs with menopause when the adrenal glands are supposed to take up the slack when the ovaries go into “retirement”. If the adrenal glands have become depleted during a woman’s life, these glands won’t be able to pick up the baton and run with it, so to speak, and hot flashes and other symptoms results.

Common stressors of adrenals include chemical stresses from fake food diets, taking synthetic drugs and vitamins, caffeine, alcohol, pesticides and herbicides, antibiotic residues, and hormonal residues in meat products and poultry. Mental stress includes such things as finances, job, family, etc. Thermal stress can occur if you frequently move in and out of warm/cold buildings. Physical stress can be overworking at the gym, or attempting a high level of activity when you’re not in shape.

There is an excellent book by Dr. John Lee, *What Your Doctor May Not Tell You About Menopause*. This is an great source for a comprehensive overview of women's health issues, including a very important solution to many common complaints.

Migraines and Headaches

I frequently find with migraine patterns that there are hormonal imbalances and/or structural problems. By doing different tests, I find out which areas seem to be the most problematic and I can focus on what is causing the stress in those areas. From a nutritional standpoint I often find that there are thyroid or ovarian problems and until I get those glandular areas working optimally the pain pattern won't resolve. Food allergies can also play into migraine headache patterns and should be investigated.

Chronic Headaches: I see a lot of structural problems in people with chronic headaches, primarily in the feet and the neck. When the feet, which are the structural foundation of the skeleton, have a problem such as a chronically sprained foot and ankle, it creates reflected stresses migrating up to the knee, hip, shoulder all the way to the neck area. It's likely that this type of skeletal stress will produce tension patterns up into the neck and skullbone area that won't be mitigated until you identify the source. Once the structural problems are corrected in the lower half of the body, I tend to see immediate improvement in the headache pain.

Pre-menstrual Syndrome

PMS symptoms such as breast tenderness are usually a result, in my clinical experience, of estrogen excess relative to the progesterone level. Sometimes this is a function of poor estrogen clearance in the liver. A lot of people may not be aware of this, but the estrogen is usually broken down relatively quickly after it's secreted. If the liver is sluggish in it's ability to do this, the estrogen levels can rise higher than they should be and you will feel their effects longer than intended. One of the effects of this is that the water-loving estrogen will be retained in the breasts and extremities, causing edema pressure and pain.

An important function in improving liver activity would include the avoidance of toxin, alcohol, refined carbs, baked goods, soda, and candy. The problem with eating these goodies is that your body has to deal with them, and it needs the nutrients required to process them. For example, when you eat refined sugars, you are eating something that has been stripped of the nutrient material the body uses to produce the insulin molecule that processes the sugar you're consuming. This chronic deficiency of the nutrients that would normally induce insulin secretion can lead to pancreatic stress and a diabetic type pattern. Ensuring a healthy functioning intestinal tract is also important since a toxic colon is a major source of burden for the liver.

Many women having severe PMS have elected to do a surgical procedure to eliminate the organ to eliminate the symptoms, but there are alternative approaches. I've had success working with women who were on heavy medication for PMS symptoms that would incapacitate them for 3 days a month who after getting nutritionally, structurally and neurologically balanced had zero symptoms. Nutritional supplements, reflex work or dietary changes are designed to bring the progesterone and estrogen into balance, improving mood swings, cravings, and cramps.

Sometimes the nutritional balancing requires supplements such as calcium, essential fatty acids, B vitamins, iodine, B-Complex, E, and black current seed oil. Black current oil is a source of essential fatty acids, which are used by the body to produce prostiglandins and other hormone-type substances which help to normalize the progesterone and its functions in the body. Calcium is used

to relax muscle tissues and release spasms. Often a topical progesterone cream is also used to increase the blood levels of progesterone.

Sciatica

Sciatica is truly one of the biggest misnomers used in common conversation. In true sciatica, the pain pattern extends from the knee down into the back and side of the leg and down into the foot. People complaining of low back pain that radiates down the buttock, thigh and then down into the knee are not describing what is medically known as “sciatica”. What they are experiencing is referred pain from the lumbar or sacroiliac (low back) joints sending nerve impulses that radiate the pain into the extremities. In my experience, these cases of “sciatica”, there is nothing more to correct than the unstable mechanics of the sacroiliac and lumbar spine, and once these aberrations are balanced the pain is eliminated.

Sinus Infections

Sinusitis and inflammation of the sinuses can result from a variety of causes. Among these the most common are dairy and wheat allergies, chronic infections, especially unrecognized subclinical and chronic dental infections. Fungal/yeast infections can also spread from the intestines via the bloodstream and focus in the sinuses. If they are mistreated with antibiotics, which only treat bacterial infections, it leads to further spread of the fungal infection.

Sugar intake must be stopped in these cases until sinus health is restored, otherwise the likelihood of recurrence is high because sugar is the preferred food for fungal organisms! See the Candida Diet for a good guideline regarding reducing dietary sugars. Some cases of chronic infection are due to simple hypothyroidism. In this situation, low thyroid hormone lowers the metabolic rate including the immune system. The immune system consumes a large amount of energy to function like a standing army would require. Until the metabolic rate improves there is insufficient energy to drive the natural immune defense system and chronic infection is the result.

Good hygiene of the sinus area can be enhanced by regular flushing using warm salt water, preferably organic sea salt, or diluted 3 percent hydrogen peroxide in a Neti pot. Both of these must be diluted to tolerance starting with a pinch of salt or approximately 5 drops of 3 percent peroxide. Increase concentration gradually each time you do the flush so that you don't burn or irritate your nasal passages. Some people find that the salt solution doesn't make a great change but the hydrogen peroxide solution causes a major elimination of mucus/morbid matter. Experiment to see which works best for you. It goes without saying that you should be drinking plenty of water – at least the recommended 8 glasses per day – to help flush toxins produced by the infection.

Neti pots are available over the internet or at your local health food store.

Sports Injuries

Rotator Cuff: Rotator cuff injuries have to do with shoulder injuries. The rotator cuff is a group of four muscles (including the supraspinatus, infraspinatus, subscapularis and teres minor) are commonly injured by pitchers when throwing baseballs repetitively, and in competitive swimmers) This can lead to a weakening or tearing of the tendon attachments of these muscles depending on the severity of the trauma. In many cases I've been able to non-surgically reduce these microtears and stimulate healing using AK reflex points to assist the muscles in the completion of their healing process. Muscle testing done before and after therapy indicates which muscles are weak and which are creating pain in the movement of the shoulder. Once identified, those muscles can be specifically

isolated and therapeutically assisted with reflexology, chiropractic manipulations, neurological rehabilitation and nutritional therapies to help the body repair cellular damage.

Shin Splints: Shin splints are an overuse syndrome from over-training a muscle group in the front portion of the leg or shin. These muscles act as decelerators, or brakes, so that your foot doesn't slap the ground upon heelstrike. One of the easiest ways to prevent shin splints is to be a toe-runner. This allows the calf to act as a natural shock absorber for the foot strike. Those who chose to be heel strikers should simply decrease their mileage until they find the distance their body can handle without showing breakdown symptoms.

Thyroid Problems

See: Hormone Balance page

Ulcers

Ulcers are commonly caused by a bacterial infection. This has been known for decades but not by all. *Helicobacter pylori*, also known as *Campylobacter pylori*, is a bacteria that produces an ammonia cloud around itself and can survive the harsh stomach acid environment. As it colonizes on the stomach lining, it can cause damage known as ulcers. A combination of antibiotics is usually prescribed by medical doctors.

An alternative approach that I have found clinically useful is the use of nutritional supplements and/or herbs which have led to elimination of the burning, painful symptoms.

Weight Gain

Related to Hormone Disregulation: insulin, leptin, ghrelin, MSG, HFCS, artificial sweeteners.

Weight Loss, Unexplained

After ruling out cancer, diabetes and thyroid disorders as a cause of rapid, unhealthy weight loss, please consider the following. If your cells' chromosomes (the cells' blueprints, so to speak) are not protected by the "envelope" which is made of Vitamin F complex, your cells don't self-repair and regenerate/reproduce correctly. This loss of cellular function results in difficulty in maintaining total body weight, and creates a need to over-eat compared to a normal feeding pattern, to avoid rapid weight loss. This is sometimes seen in children and is described as "failure to thrive" and similar terms. They don't put on weight normally, and often are sugar hounds, preferring carbs to all other foods. When they are fed properly, and given healthy amounts of the Vitamin F complex, the body is able to protect the chromosomes with the proper "envelope", and the function of the blueprints returns, and the cells are able to repair themselves, and utilize nutrition again. Often, the patients lose their sugar cravings and desire a more healthy comprehensive variety of foodstuffs, including proteins, veggies, fat/oils with resulting normalization of body weight, without the need to "overeate just to maintain the underweight state".

Disclaimer:

The information contained herein is for research purposes only and should not be construed as medical recommendations for any disease or symptom. It is not intended to provide medical advice.

Exercises And Procedures

List of all documents and techniques.

[Candida Diet PDF](#)

[Food Combination Diet PDF](#)

[Basal Temp Chart PDF](#)

[Breathing Exercises](#)

[Cross Crawl Marches](#)

[Emotional Stress Release Technique](#)

[Lemon Routine PDF](#)

[Optimal Health PDF](#)

[Stress Management](#)

[180 Formula PDF](#)

Books And Websites

Websites

Oxygen Therapies:

[Ed McCabe – “Mr. Oxygen”](#)

[Air Purifier/“Ozone” Generator](#) – Dr. Smith is a distributor, contact him to purchase.

Health & Healing:

[Don Croft – The Zapper](#) – Get rid of parasites!

[Dr. George Gonzales](#) – Quantum Neurology®

[Dr. Walt Stoll](#) – Blending conventional medicine and alternative healing

[Dr. Mercola](#) – Alternative health information I find 70% useful

[The Dangers of MSG – Hidden Sources](#)

Books

Holographic Healing

by [Dr. George Gonzales](#) – also available directly from Dr. Smith!

The Maffetone Method – 180 Formula

by [Dr. Phil Maffetone](#)

Ancient Secret of the Fountain Of Youth – Five Rites Yoga exercises

by [Peter Kelder](#)

Oxygen Therapies, A New Way of Approaching Disease

by [Ed McCabe](#)

Flood Your Body with Oxygen

by [Ed McCabe](#)

The Yeast Connection

by [William G. Crook, M.D.](#)

Fats & Oils

[Udo Erasmus](#)

Smart Fats

by [Dr. Michael Schmidt](#)

Better Eyesight Without Glasses

by [Dr. William Bates](#)

What Your Doctor May Not Tell You About Menopause

by [Dr. John Lee](#)

Your Body’s Many Cries For Water

by [F. Batmanghelidj, M.D.](#)

The HeartMath Solution

by [Doc Childre & Howard Martin](#)

Power vs. Force

by [Dr. David Hawkins](#)

Biomimicry

by [Janine Benyus](#)

The Four Agreements

by [Don Miguel Ruiz](#)

Applied Kinesiology

What is Applied Kinesiology?

Applied Kinesiology (AK), is a system of manual muscle testing used to identify structural, biochemical and other imbalances. AK allows me to target a specific problem and identify the proper healing technique to correct the problem, such as releasing a chronic muscle spasm, making a structural adjustment to restore optimum joint movement or supplying a needed nutrient.

AK is a system of communication between doctor and patient that allows me to quickly determine what your body needs to get you to the next level of health. For example, you might have symptoms of low energy, weight gain, and depression that lead you to suspect you're having problems with your thyroid. A muscle test or other simple functional tests can show abnormalities that may be "invisible" on a standard blood test, and an additional series of muscle tests will let me know what nutritional supplement your body is missing and which reflex points to stimulate to encourage a more speedy and graceful healing process.

The best explanation of AK comes from the writings of Dr. George Goodheart, the developer of AK. In the foreword to the collected works of Dr. Goodheart's decades of research and clinical experience, Dr John. Diamond elegantly sums it up:

Kinesiology's major advance is that it allows the body to tell us what needs to be done. The body becomes our chief diagnostic and therapeutic tool in this system where we ask the body the questions and the body gives us the answers. How obvious and natural this approach seems; yet, how far we have strayed. Let us recall that the basic premise of all healing is that the body's innate wisdom knows what is wrong and that we as nature's helpers need only ask the appropriate questions to find out the nature of the imbalance, and then by giving the appropriate treatment witness the body's response if to say, "Yes, that's what is needed. Thank you."

Kinesiology is also a revolutionary approach to healing because it is showing us that we don't have to rely solely on the use of pharmaceutical chemicals to treat patients, nor on massive invasive techniques. The methodology opens up a more natural, simple, non-destructive, painless, pro-homeostatic treatment procedure. Here we have a system where the doctor works with the patient and with the patient's energies, and where the patient shares fully in the treatment and adopts a far greater attitude of responsibility towards his illness and recovery than is commonly witnessed in medical practice today.

With a kinesiology approach the day is perhaps gone where the patient submits to a doctor saying: "I, in my wisdom, know what is wrong with you and how to treat you." We are coming to appreciate that for those of us willing to ask, the patient can show us the therapeutic path to follow. Out of kinesiology flows a renewed reverence and respect for the person, for the human body and its mind and soul of the sort which is poorly sustained in the present-day orthodox medicine so geared to volume treatment using standardized drugs with but little concern for the patient's individuality. Applied Kinesiology promises to restore the "soul" and "heart" to what has become the cold and inhuman practice of much of today's orthodox medicine.

John Diamond, M.D. , excerpted from "You'll Be Better, The Story of Applied Kinesiology" by George J. Goodheart, D.C.